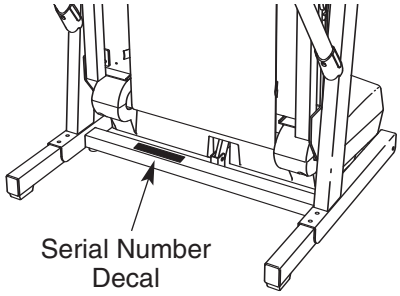
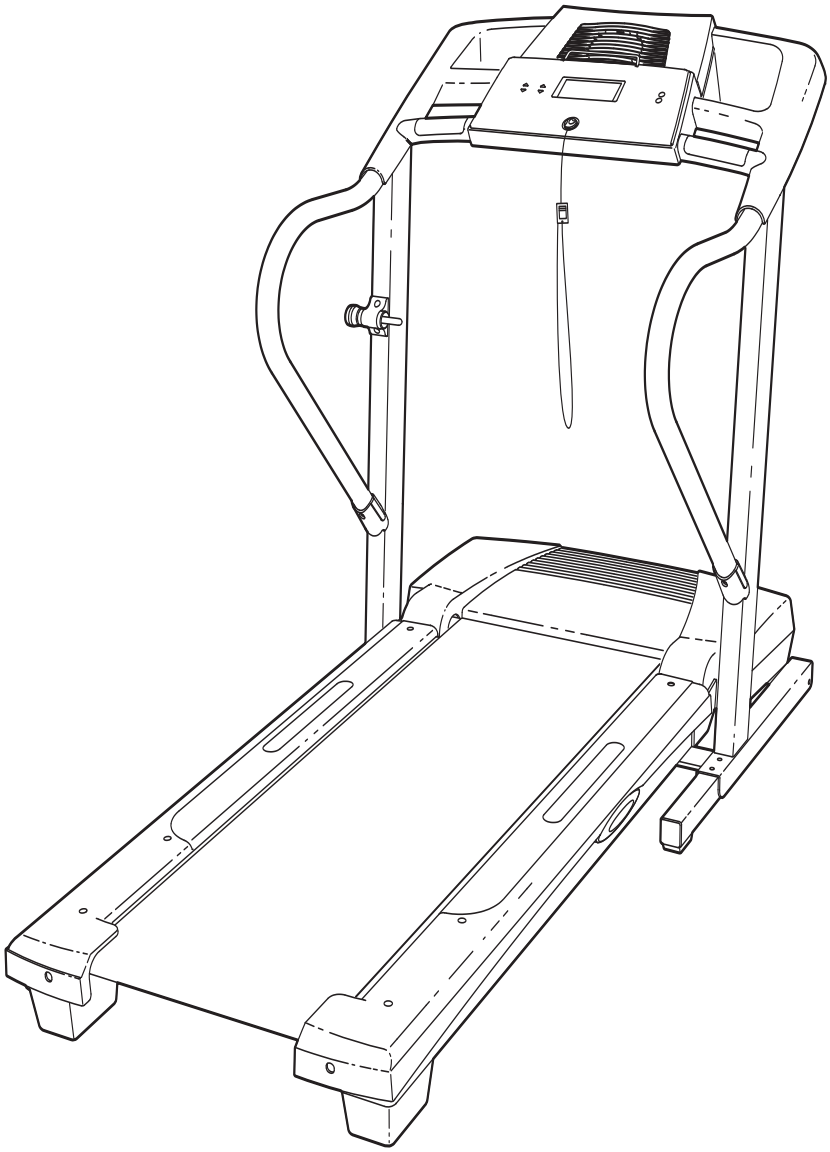
PRO-FORM® 400 X

Model No. PFTL39706.1
Serial No. _____



USER'S MANUAL



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at

www.proform.com

new products, prizes,
fitness tips, and much more!

PRO-FORM® 400 X

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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

2. **Use the treadmill only as described.**

3. **Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

6. **Keep children under the age of 12 and pets away from the treadmill at all times.**

7. **The treadmill should be used only by persons weighing 275 pounds or less.**

8. **Never allow more than one person on the treadmill at a time.**

9. **Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

10. **When connecting the power cord (see page 10), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**

11. **Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. To purchase a surge suppressor, see your local PROFORM dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

12. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**

13. **Keep the power cord and the surge suppressor away from heated surfaces.**

14. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 25 if the treadmill is not working properly.)**

15. **Read, understand, and test the emergency stop procedure before using the treadmill (see OPERATION AND ADJUSTMENT on page 10).**

16. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

18. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

19. **Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**

20. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 23.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

21. When folding or moving the treadmill, make sure that the storage latch is fully closed.

22. Inspect and properly tighten all parts of the treadmill regularly.

23. Never insert any object into any opening.

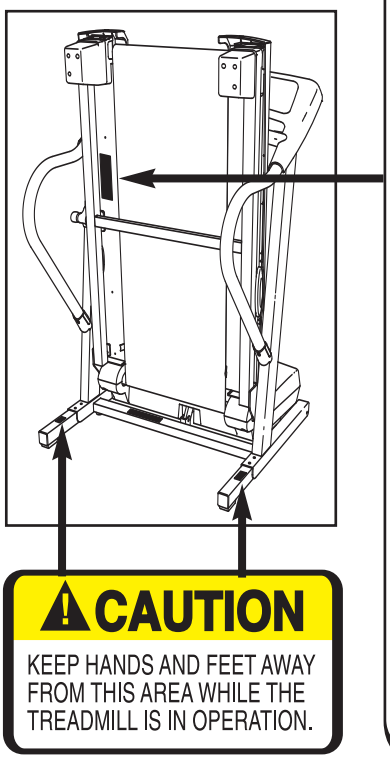
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

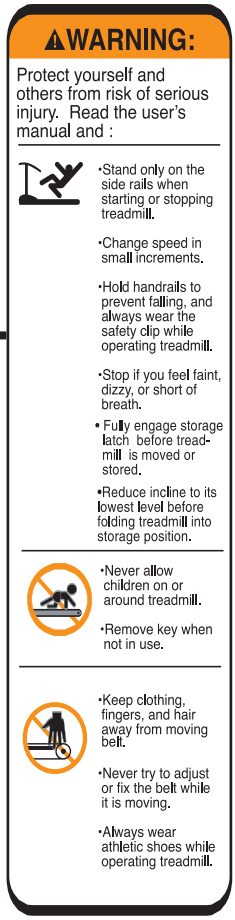
25. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown here have been placed on the treadmill. If a decal is missing, or if it is not legible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Note: The decals are not shown at actual size.




⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

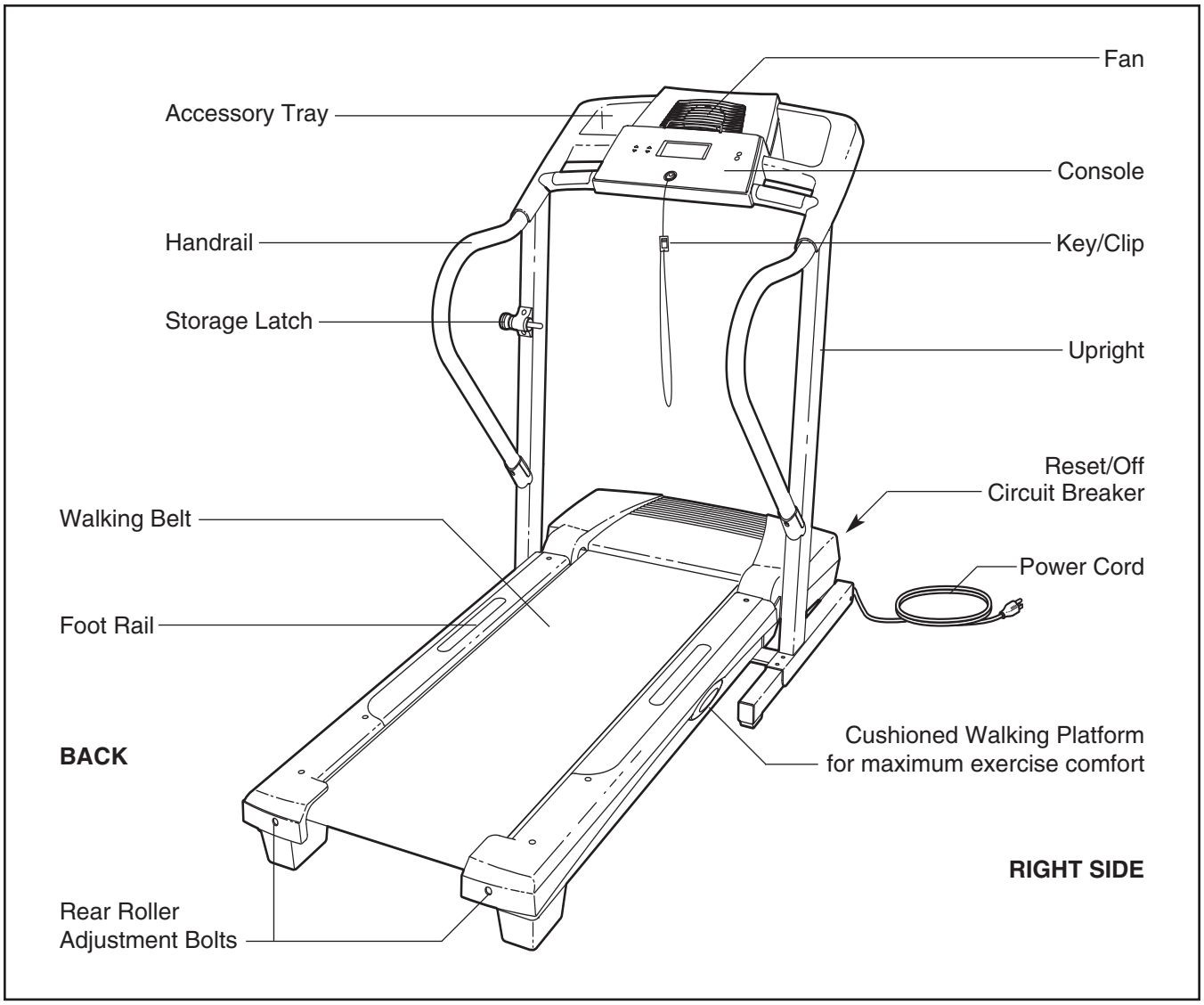
BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 400 X treadmill. The 400 X treadmill combines advanced technology with innovative design to help you achieve your fitness goals in the convenience and privacy of your home. And when you're not exercising, the 400 X treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before you use the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before calling. The model number of the treadmill is PFTL39706.1. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.proformservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



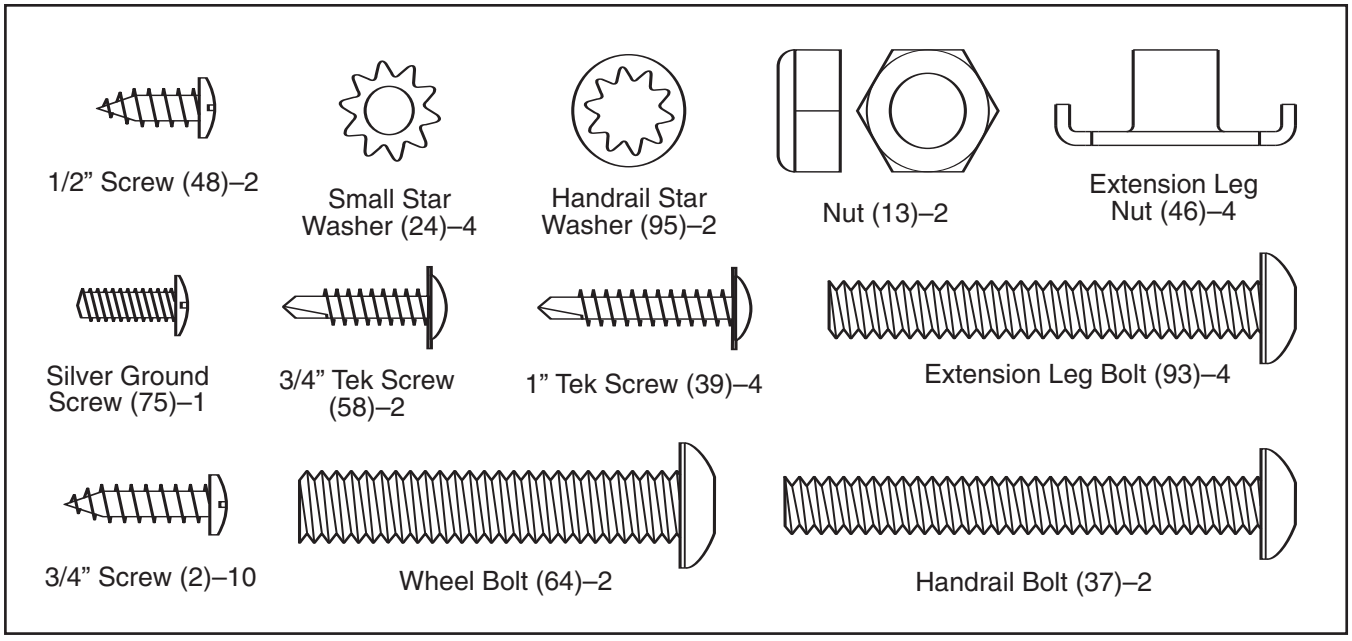
ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call toll-free 1-800-445-2480.

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included allen wrenches and your own phillips screwdriver , rubber mallet , and adjustable wrench .

For help identifying the assembly hardware, see the drawings below. If a part is not in the parts bag, first check to see if it has been pre-assembled.

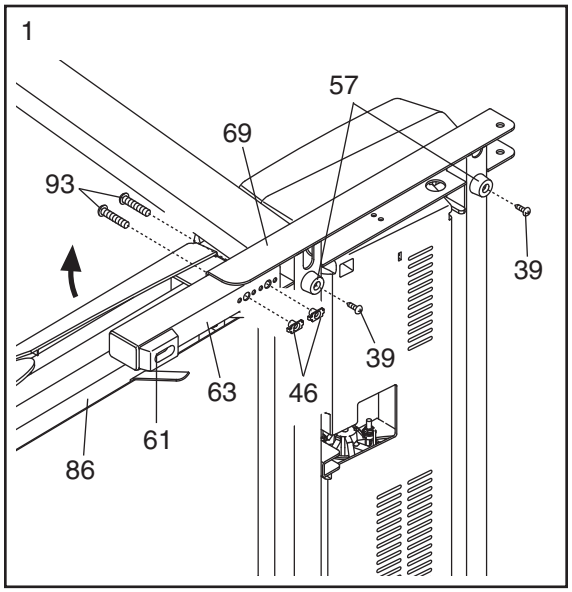


1. **Make sure that the power cord is unplugged.**

   With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (86) so the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled.**

   Insert an Extension Leg (63) into the base of the Uprights (69), with the Extension Leg Pad (61) oriented as shown. If necessary, use a rubber mallet to fully insert the Extension Leg. Next, hold two Extension Leg Nuts (46) in the bottom of the Extension Leg, and insert two Extension Leg Bolts (93) into the top of the Extension Leg. Firmly tighten the Extension Leg Bolts into the Extension Leg Nuts.

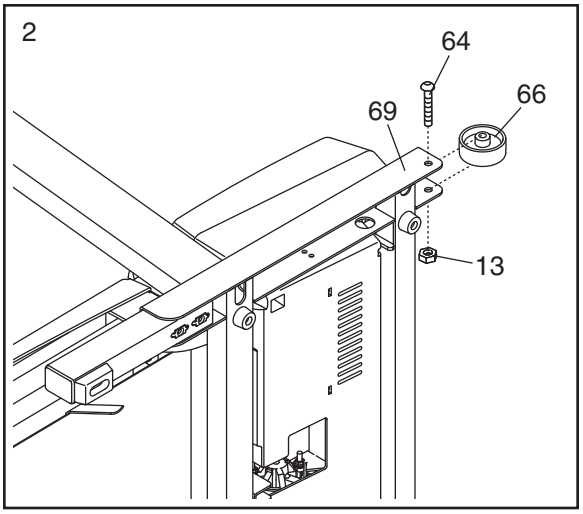
   Attach two Base Pads (57) to the base of the Uprights (69) with two 1" Tek Screws (39).



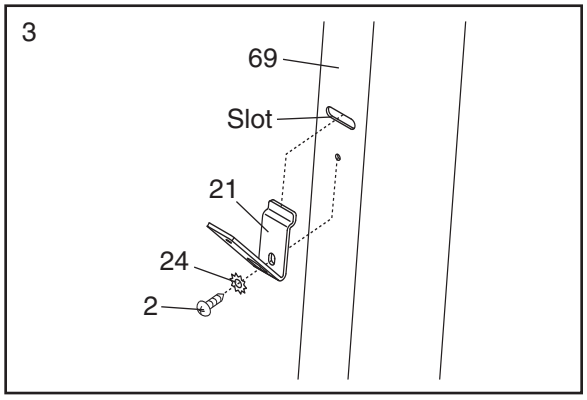
2. Attach a Wheel (66) to the base of the Uprights (69) with a Wheel Bolt (64) and a Nut (13) as shown. **Do not overtighten the Nut;** the Wheel should turn freely.

   With the help of a second person, carefully tip the treadmill onto its other side. See assembly step 1, and attach the other Extension Leg (63) and the remaining two Base Pads (57). Then, attach the other Wheel (66) as described above.

   With the help of a second person, carefully tip the treadmill down so the Uprights (69) are in a vertical position.



3. Insert the tab on one of the Handrail Brackets (21) into the slot in the right Upright (69). Attach the Handrail Bracket with a 3/4" Screw (2) and a Small Star Washer (24). **Attach the other Handrail Bracket to the left Upright (not shown) in the same way.**

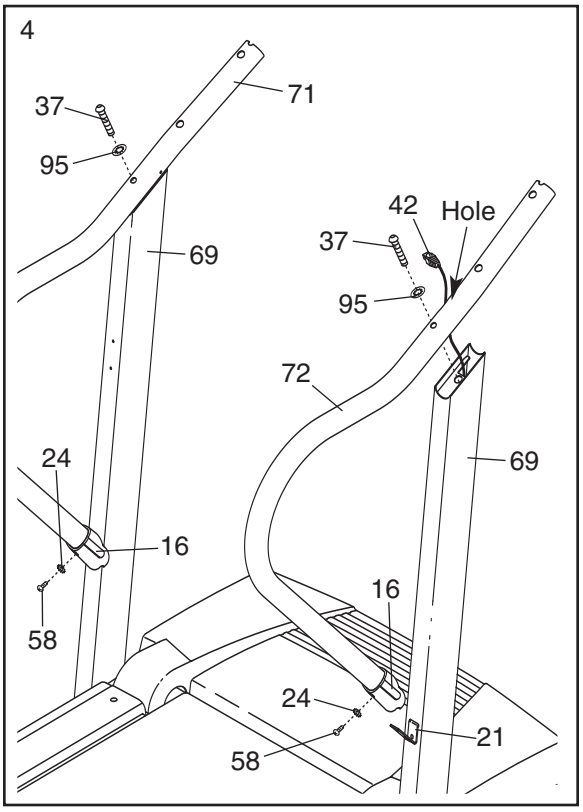


4. If there is a board between the Uprights (69), remove the two bolts attaching the board. Discard the board and the bolts.

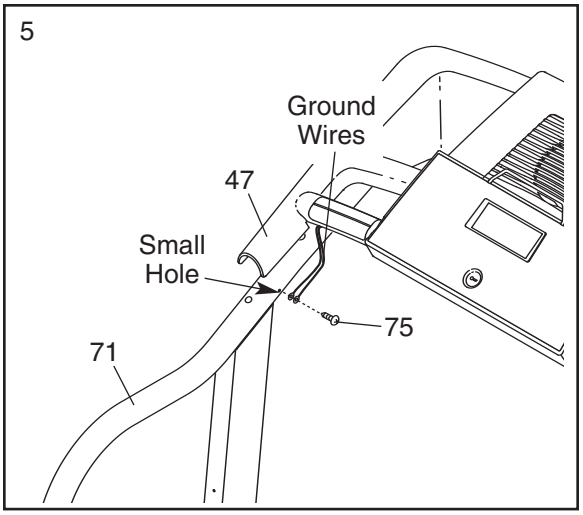
   Identify the Right Handrail (72), which has a large hole in the left side. Cut the plastic tie securing the Upright Wire (42) to the right Upright (69). Feed the Upright Wire into the hole in the bottom of the Right Handrail and out of the large hole in the side. Note: It may be helpful to use needlenose pliers to pull the Upright Wire out of the hole.

   Press a Handrail Cap (16) onto the lower end of the Right Handrail (72) as shown. Set the Right Handrail on the right Upright (69) while sliding the lower end of the Right Handrail onto the right Handrail Bracket (21). Finger tighten a Handrail Bolt (37) with a Handrail Star Washer (95) into the Right Handrail and the right Upright. Next, attach the lower end of the Right Handrail with a 3/4" Tek Screw (58) and a Small Star Washer (24). Then, tighten the Handrail Bolt.

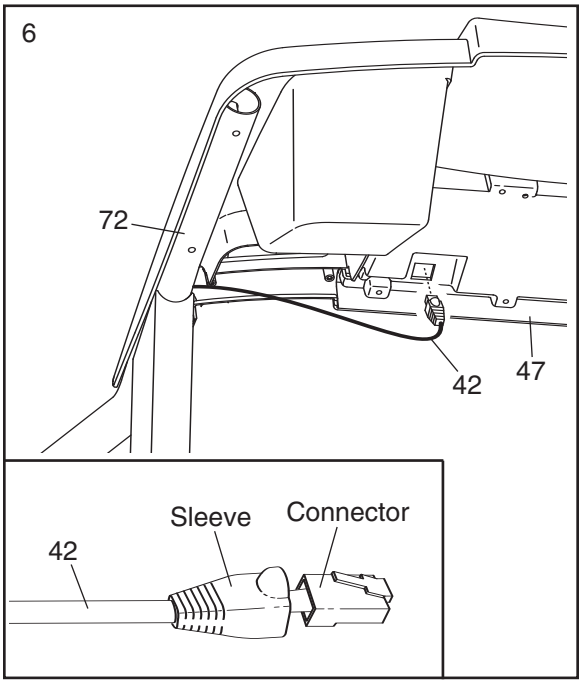
   Attach the Left Handrail (71) in the same way. Note: There is not an upright wire on the left side.



5. Hold the Console Base (47) near the Left Handrail (71). Cut the plastic tie off the ends of the indicated ground wires. Attach the ends of the ground wires to the indicated small hole in the Left Handrail with the Silver Ground Screw (75).

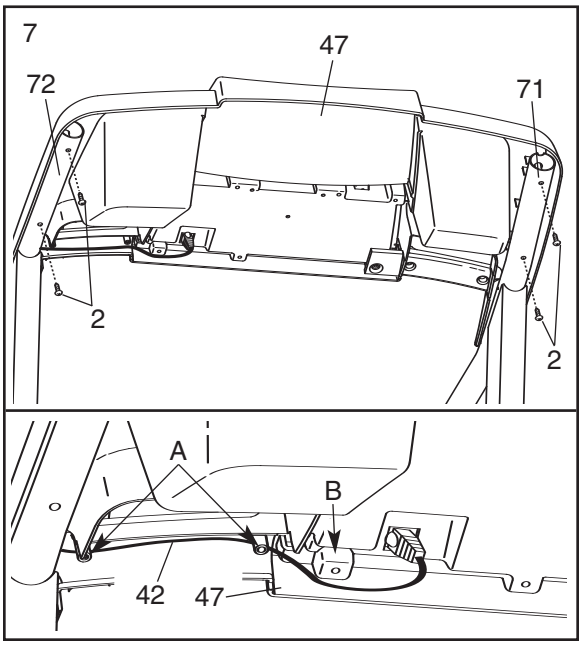


6. **Touch the Right Handrail (72) to discharge any static.** Slide the sleeve off the connector on the Upright Wire (42) as shown in the inset drawing. Next, press the end of the Upright Wire into the socket in the bottom of the Console Base (47). **The connector should slide easily into the socket and snap into place.** If the connector does not slide easily and snap into place, turn the connector and then insert it. Then, slide the sleeve back over the connector.

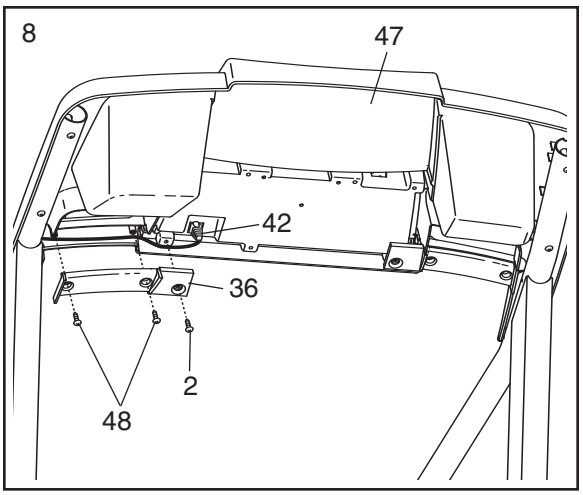


7. Set the Console Base (47) on the Handrails (71, 72). Attach the Console Base with four 3/4" Screws (2). **Start all four Screws before tightening them; do not overtighten the Screws.**

   See the lower drawing. **Make sure that the Upright Wire (42) is routed below the two indicated round posts (A).** Next, press the Upright Wire into the slot between the square post (B) and the Console Base (47).

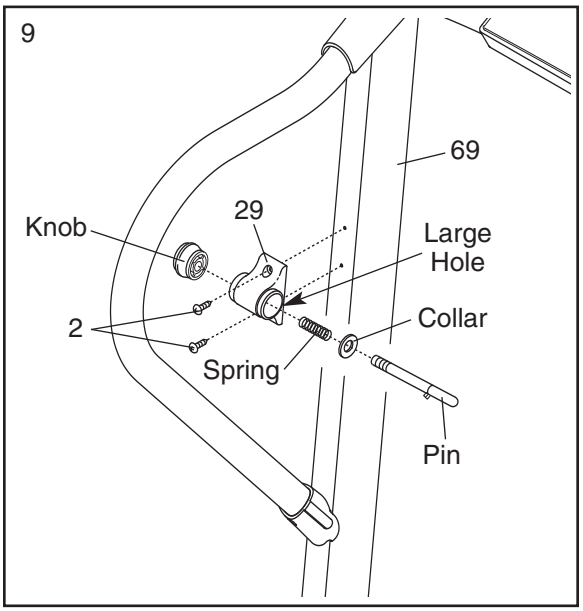


8. Cover the Upright Wire (42) with the Right Grip Plate (36). **Be careful not to pinch the Upright Wire.** Tighten two 1/2" Screws (48) and the 3/4" Screw (2) into the Right Grip Plate and the Console Base (47).



9. Attach the Latch Housing (29) to the left Upright (69) with two 3/4" Screws (2). **Make sure that the large hole in the Latch Housing is on the side shown.**

   Remove the knob from the pin. **Make sure that the collar and the spring are on the pin as shown.** Then, insert the pin into the Latch Housing (29), and tighten the knob back onto the pin.



10. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place; the large allen wrench is used to adjust the walking belt (see page 26). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

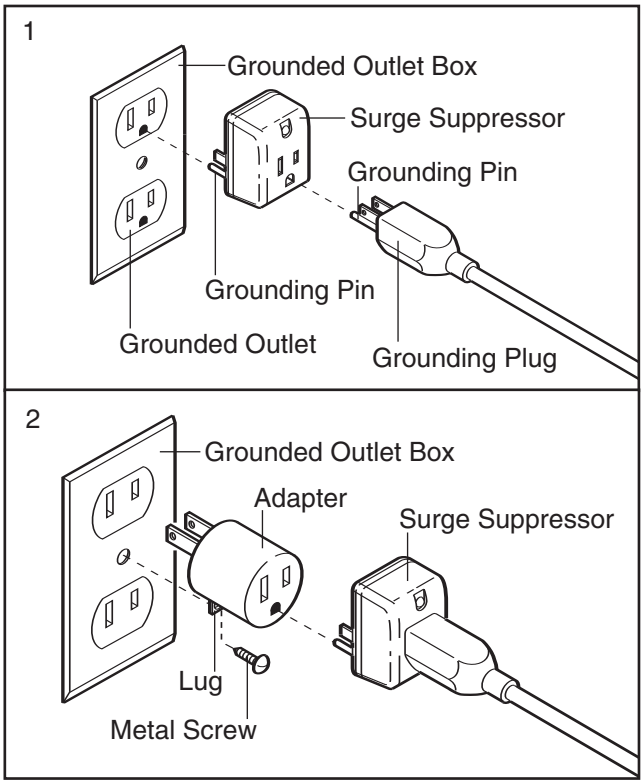
⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local PROFORM dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

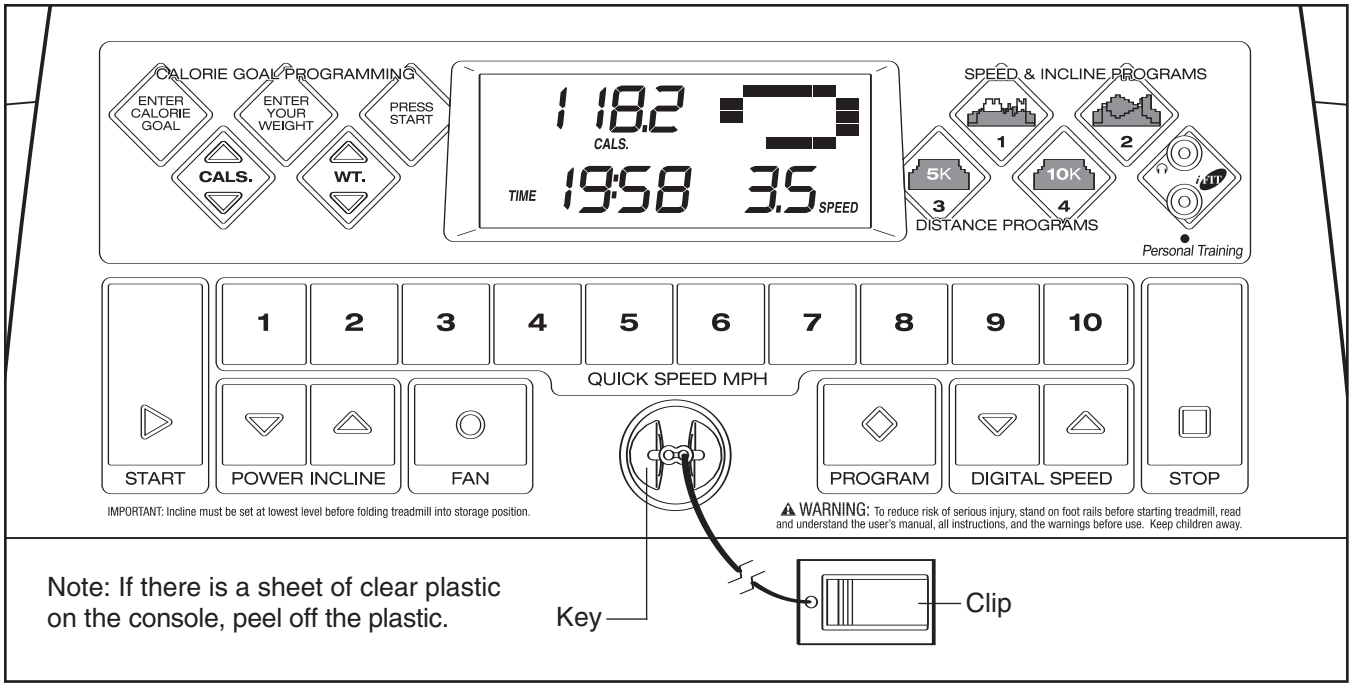
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make each workout more effective and enjoyable.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

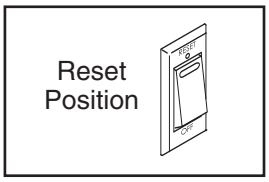
In addition, the console features two speed & incline programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. The console also offers two distance programs—the 5K program counts down from 5,000 meters as you complete a 5-kilometer run, and the 10K program counts down from 10,000 meters. And an innovative calorie goal program allows you to set a calorie-burning goal for each workout

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using a stereo audio cable, you can connect the treadmill to your portable stereo, home stereo, computer, or VCR and play special iFIT.com MP3, CD, and video programs (iFIT.com MP3 programs, CDs, and videocassettes are available separately). iFIT.com programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout; high-energy music provides added motivation. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

With the treadmill connected to your computer, you can also go to www.iFIT.com and access iFIT.com programs directly from our Web site. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 12. **To use a speed & incline program**, see page 14. **To use a distance program**, see page 15. **To use the calorie goal program,** see page 16. **To use an iFIT.com MP3, CD, or video program**, see page 19. **To use an iFIT.com program directly from our Web site**, see page 21.

HOW TO TURN ON THE POWER



Plug in the power cord (see page 10). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the "reset" position.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 11), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

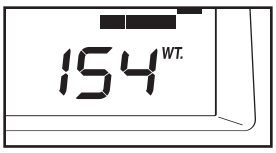
Note: To prevent damage to the walking platform, always wear clean shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 26).

HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2 Enter your weight if desired.

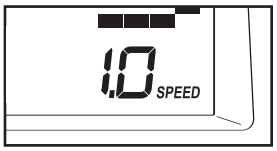


While you exercise, the console will count the approximate number of calories you burn. For the most accurate calorie count, enter your weight into the console by repeatedly pressing the Weight (WT.) increase or decrease button. To enter your weight quickly, hold down one of the buttons. Note: Once you enter your weight, it will be saved in memory.

3 Select the manual mode.

Each time the key is inserted, the manual mode will be selected. If a program has been selected, reselect the manual mode by removing the key and then reinserting it.

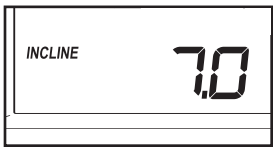
4 Press the Start button to start the walking belt.



When the Start button is pressed, the walking belt will begin to move at 1 mph. While you exercise, change the speed of the walking belt as desired by pressing the Speed increase or decrease button or one of the ten numbered Speed buttons. Each time the Speed increase or decrease button is pressed, the speed setting will change by 0.1 mph; if one of the buttons is held down, the speed setting will change in increments of 0.5 mph. If one of the numbered Speed buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting. Note: After a button is pressed, it may take a moment for the walking belt to reach the selected speed setting.

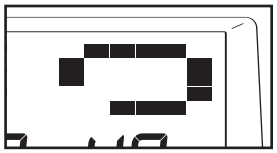
To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button and then adjust the speed setting as described above.

5 Change the incline of the treadmill as desired.



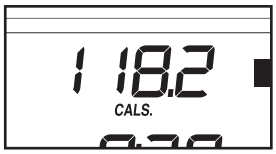
To change the incline of the treadmill, press the Incline increase or decrease button. Each time a button is pressed, the incline will change by 0.5%. Note: After a button is pressed, it may take a moment for the treadmill to reach the selected incline setting.

6 Follow your progress with the display.



When the manual mode, a distance program, the calorie goal program, or the iFIT.com mode is selected, a track representing 1/4 mile will appear in the upper right corner of the display. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

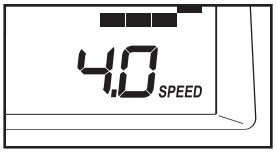
The upper left corner of the display will show the approximate number of calories you have burned during your workout.



Note: When the calorie goal program is selected, the display will show the number of calories still to be burned.

The lower left corner of the display will show the elapsed time and the distance that you have walked or run during your workout. The lower left corner of the display will also show the incline level of the treadmill for a few seconds each time the incline setting changes. Note: When a speed & incline program or the calorie goal program is selected, the lower left corner of the display will show the time remaining in the program instead of the elapsed time.

The lower right corner of the display will show the speed of the walking belt. When you use the handgrip pulse sensor, the lower right corner of the display will also show your heart rate. Note: When a distance program is selected, the lower right corner of the display will also show the approximate number of calories you have burned.

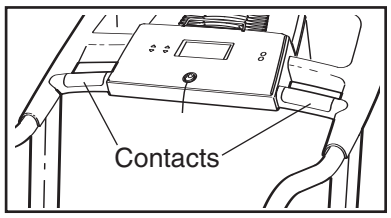


To reset the display, press the Stop button, remove the key, and then reinsert the key.

Note: The console can display speed, distance, and weight using either standard miles and pounds or metric kilometers and kilograms. To find which system of measurement is selected, or to select a different system, see THE INFORMATION MODE/DEMO MODE on page 22. **Note: For simplicity, all instructions in this section refer to miles and pounds.**

7 Measure your heart rate if desired.

Note: Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts on the handgrip pulse sensor. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands**. When your pulse is detected, the heart symbol in the display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

8 Turn on the fan if desired.

To turn on the fan at low speed, press the Fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

9 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will become damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 22 and turn off the demo mode.**

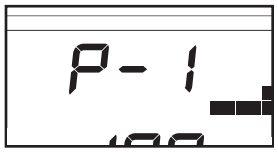
When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord.

HOW TO USE A SPEED & INCLINE PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select a speed & incline program.

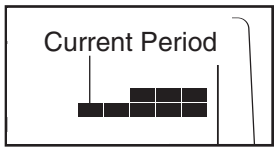


To select a speed & incline program, press the Program button repeatedly until "P–1" or "P–2" appears in the display. When a speed & incline program is selected, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display for a few seconds. The display will then show how long the program will last and the approximate number of calories you will burn during the program. A profile of the speed settings of the program will scroll across the matrix in the upper right corner of the display.

3 Press the Start button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into 30 one-minute periods. One speed setting and one incline setting are programmed for each period. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive periods.



The speed setting for the first period will be shown in the flashing Current Period column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next four periods will be shown in the columns to the right.

When only three seconds remain in the first period of the program, both the Current Period column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

When the first period is completed, *all speed settings will move one column to the left*. The speed setting for the second period will then be shown in the flashing Current Period column and the treadmill will automatically adjust to the speed and incline settings for the second period. Note: If all five of the indicators in the Current Period column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last period is shown in the Current Period column and the last period ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current period is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Period column; if any of the columns to the right of the Current Period column have the same number of lit indicators as the Current Period column, an additional indicator may appear or disappear in those columns as well. **Important: When the current period of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next period.**

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. When the next period of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next period.

4 Follow your progress with the display.

See step 6 on page 12.

5 Measure your heart rate if desired.

See step 7 on page 13.

6 Turn on the fan if desired.

See step 8 on page 13.

7 When you are finished exercising, remove the key from the console.

See step 9 on page 13.

PART LIST—Model No. PFTL39706.1

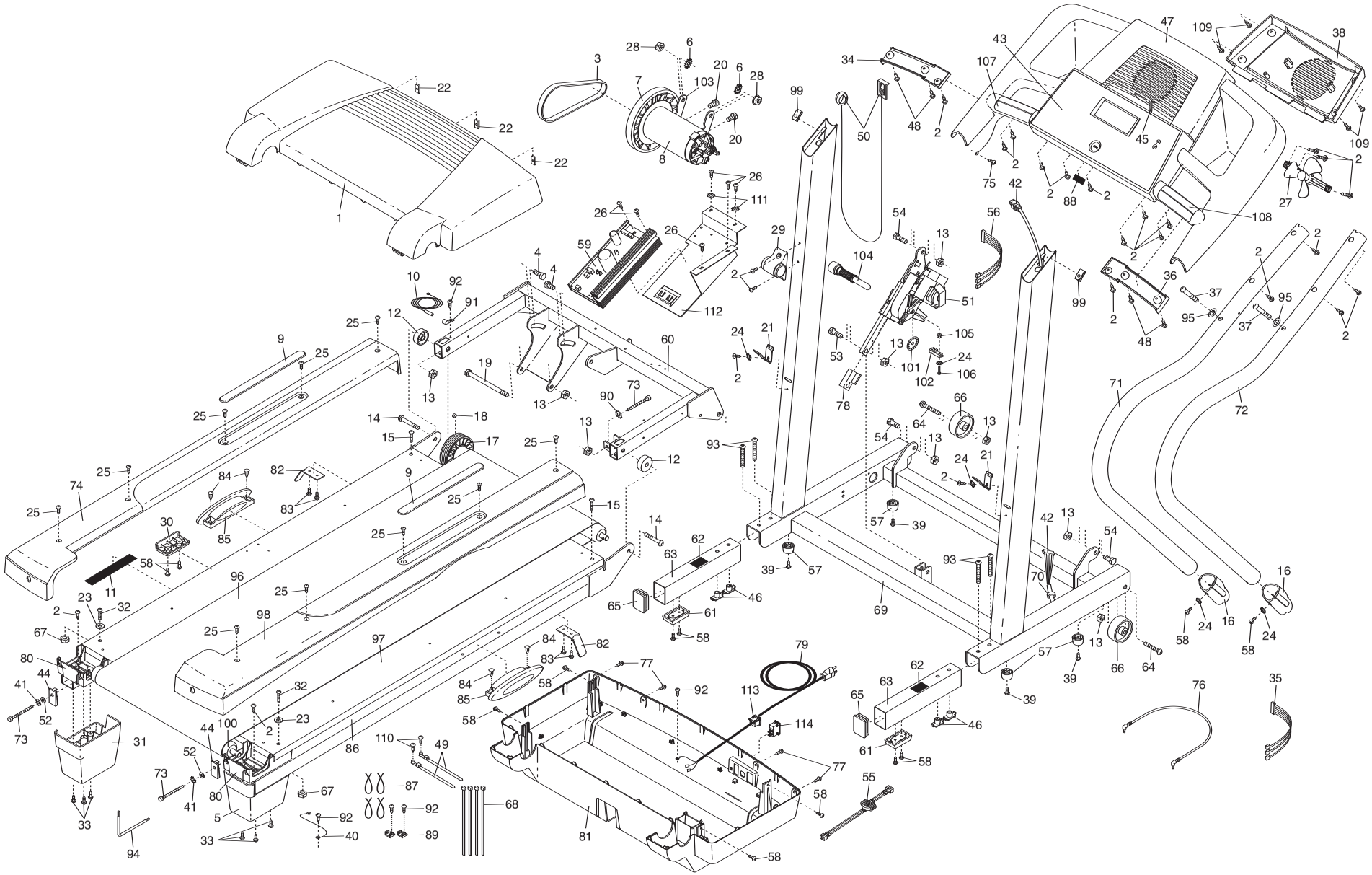
R0206A

Key No.	Qty.	Description
1	1	Hood
2	25	3/4” Screw
3	1	Motor Belt
4	2	Motor Tension Bolt
5	1	Right Rear Endcap
6	2	Motor Star Washer
7	1	Flywheel
8	1	Drive Motor
9	2	Foot Rail Cover
10	1	Reed Switch
11	1	Latch Warning Decal
12	2	Frame Spacer
13	9	Nut
14	2	Frame Pivot Bolt
15	2	Platform Screw, Front
16	2	Handrail Cap
17	1	Front Roller/Pulley
18	1	Magnet
19	1	Motor Pivot Bolt
20	2	Motor Bracket Bolt
21	2	Handrail Bracket
22	3	Hood Clip
23	2	Platform Washer
24	5	Small Star Washer
25	10	Foot Rail Screw
26	3	Outlet Bracket Screw/ Controller Screw
27	1	Console Fan
28	2	Motor Tension Nut
29	1	Latch Housing
30	1	Latch Catch
31	1	Left Rear Endcap
32	2	Platform Screw, Rear
33	6	Rear Endcap Screw
34	1	Left Grip Plate
35	1	Incline Wire
36	1	Right Grip Plate
37	2	Handrail Bolt
38	1	Fan Housing
39	4	1” Tek Screw
40	1	Ground Wire
41	2	Rear Roller Star Washer
42	1	Upright Wire
43	1	Console
44	2	Rear Roller Plate
45	1	Book Holder
46	4	Extension Leg Nut
47	1	Console Base
48	13	1/2” Screw
49	2	Wire Clamp
50	1	Key/Clip
51	1	Incline Motor
52	2	Rear Roller Washer
53	1	Incline Motor Bolt, Lower
54	3	Incline Pivot Bolt
55	1	Filter Wire
56	1	Motor Controller Wire
57	4	Round Base Pad
58	13	3/4” Tek Screw
59	1	Controller
60	1	Lift Frame
61	2	Extension Leg Pad
62	2	Warning Decal
63	2	Extension Leg
64	2	Wheel Bolt
65	2	Base Endcap
66	2	Wheel
67	2	Platform Nut
68	5	8” Cable Tie
69	1	Upright Base
70	1	Grommet
71	1	Left Handrail
72	1	Right Handrail
73	3	Roller Adj. Bolt
74	1	Left Foot Rail
75	1	Silver Ground Screw
76	1	iFIT.com Wire
77	5	Belly Pan Screw
78	1	Incline Stop Bracket
79	1	Power Cord Assembly
80	2	Rear Roller Bracket
81	1	Belly Pan
82	2	Belt Guide
83	4	Belt Guide Screw
84	4	Isolator Fastener
85	2	Isolator Cushion
86	1	Frame
87	3	Releasable Tie
88	1	Console Warning Decal
89	4	Cable Tie Clamp
90	1	Front Roller Star Washer
91	1	Sensor Clip
92	5	Ground Screw
93	4	Extension Leg Bolt
94	1	Allen Wrench
95	2	Handrail Star Washer
96	1	Walking Belt
97	1	Walking Platform
98	1	Right Foot Rail
99	2	U-nut
100	1	Rear Roller
101	1	Optic Disk
102	1	Optic Disk Sensor
103	1	Motor Mount Bracket
104	1	Latch Pin Assembly
105	1	Small Nut
106	1	Small Bolt
107	1	Left Pulse Assembly
108	1	Right Pulse Assembly
109	4	Fan Housing Screw
110	4	Tie Screw
111	2	Electronics Bracket Star Washer
112	1	Electronics Bracket
113	1	Power Cord Grommet
114	1	Reset/Off Circuit Breaker
#	1	4” Blue Wire, 2F
#	1	4” Black Wire, M/F
#	1	8” Green Wire, F/R
#	1	4 ” Red Wire, M/F
#	1	User’s Manual

#These parts are not illustrated

EXPLODED DRAWING—Model No. PFTL39706.1

R0206A

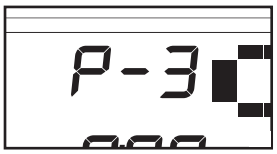


HOW TO USE A DISTANCE PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select a distance program.



To select a distance program, press the Program button repeatedly until “P–3” or “P–4” appears in the display. When a distance program is selected, the maximum speed setting of the program will flash in the display for a few seconds. A distance goal of 5,000 meters or 10,000 meters will then appear in the display.

3 Press the Start button to start the program.

A moment after the button is pressed, the walking belt will begin to move at 3 mph. Hold the handrails and begin walking.

Near the end of the second minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 4 mph.

Near the end of the fourth minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 5 mph.

Near the end of the fifth minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 6.5 mph.

Note: To change the speed of the walking belt or the incline of the treadmill at any time during the program, press the Speed or Incline buttons.

The upper left corner of the display will show the number of meters still to be run. When only 20 meters remain, the display will flash and a series of tones will sound.

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. Adjust the speed of the walking belt as desired by pressing the Speed increase or decrease button or one of the ten numbered Speed buttons.

When you have completed a 5-kilometer run or a 10-kilometer run, your total time will flash in the lower left corner of the display and the words “cool” and “down” (cool down) will flash in the upper left corner of the display. If the speed of the walking belt is greater than 5 mph, the walking belt will then slow to 5 mph for one minute. After one minute, the walking belt will slow to 4 mph for 2 minutes. The walking belt will then slow to 3 mph for 2 minutes. The walking belt will then slow to a stop.

4 Follow your progress with the display.

See step 6 on page 12.

5 Measure your heart rate if desired.

See step 7 on page 13.

6 Turn on the fan if desired.

See step 8 on page 13.

7 When you are finished exercising, remove the key from the console.

See step 9 on page 13.

HOW TO USE THE CALORIE GOAL PROGRAM

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 12.

2 **Enter your weight if desired.**

See step 2 on page 12.

3 **Select the calorie goal program.**

To select the calorie goal program, press the Program button repeatedly until a goal of 50 calories and the words "SET CALS. GOAL" appear in the upper left corner of the display. When the calorie goal program is selected, a speed setting of 2.5 mph will flash in the display. The display will also show how long the program will last.

If desired, change the calorie goal by pressing the Set Goal increase or decrease button. Each time a button is pressed, the calorie goal will change by 50 calories; the calorie goal can be from 50 to 450 calories. In addition, press the Speed increase or decrease button or one of the ten numbered Speed buttons to change the speed setting if desired.

Note: As you change the calorie goal or the speed setting, the program time will automatically be recalculated—the higher the calorie goal is, or the lower the speed setting is, the longer the program will last.

4 **Press the Start button to start the program.**

A moment after the button is pressed, the walking belt will begin to move at 2.5 mph (or the speed setting that you selected). Hold the handrails and begin walking.

To change the speed of the walking belt or the incline of the treadmill at any time during the program, press the Speed or Incline buttons. Note: Each time you change the speed of the walking belt, the time remaining in the program will automatically be recalculated.

While you exercise, the console will show the number of calories still to be burned. When you reach your calorie goal, the walking belt will slow to a stop.

5 **Follow your progress with the display.**

See step 6 on page 12.

6 **Measure your heart rate if desired.**

See step 7 on page 13.

7 **Turn on the fan if desired.**

See step 8 on page 13.

8 **When you are finished exercising, remove the key from the console.**

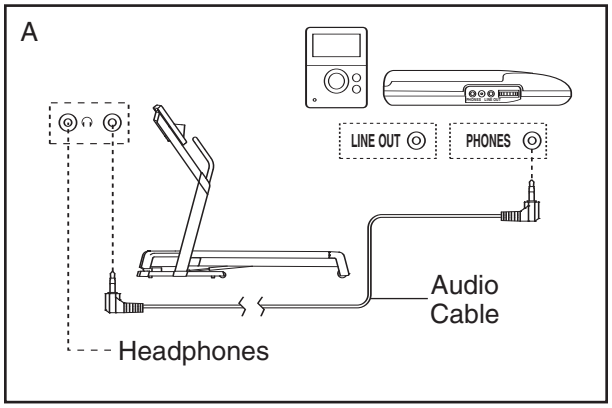
See step 9 on page 13.

HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS

To use iFIT.com MP3 or CD programs, the treadmill must be connected to your MP3 player, CD player, portable stereo, home stereo, or computer. See pages 17 and 18 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the treadmill must be connected to your computer. See page 18 for connecting instructions. **To use iFIT.com video programs**, the treadmill must be connected to your VCR. See page 19 for connecting instructions.

HOW TO CONNECT YOUR MP3 PLAYER OR CD PLAYER

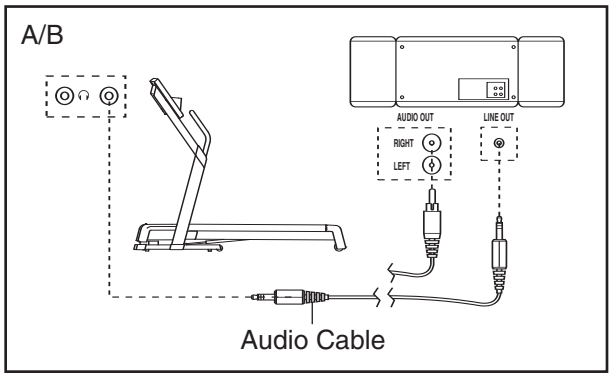
A. Plug one end of the included 1/8” to 1/8” stereo audio cable into the input jack on the console. Plug the other end of the cable into a jack on your MP3 player or CD player. Plug your headphones into the headphone jack on the console.



HOW TO CONNECT YOUR PORTABLE STEREO

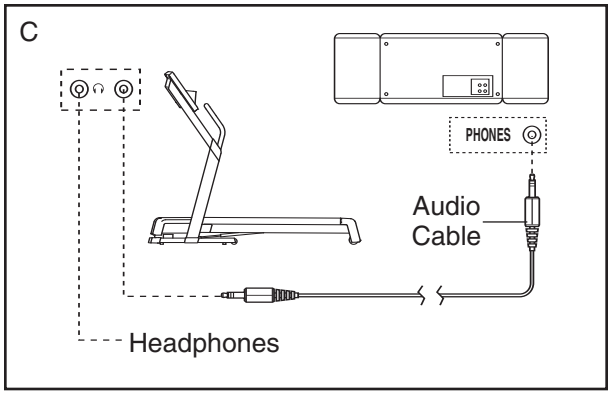
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8” LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of a long 1/8” to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



B. See the drawing above. Plug one end of a long 1/8” to 1/8” stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

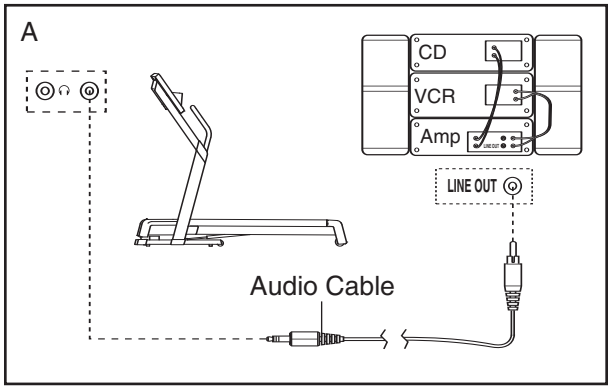
C. Plug one end of a long 1/8” to 1/8” stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the headphone jack on the console.



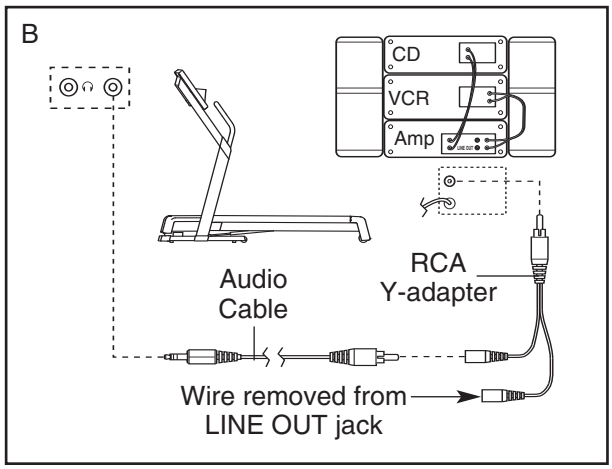
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of a long 1/8” to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

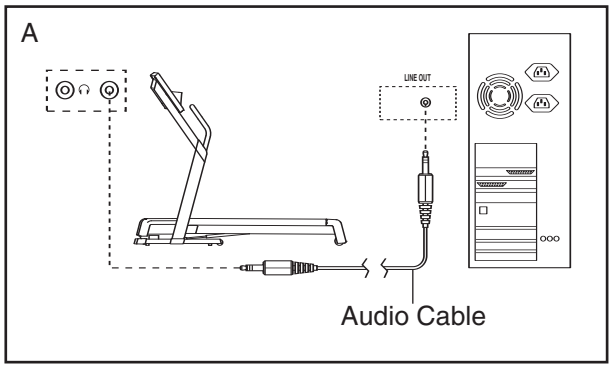


B. Plug one end of a long 1/8” to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo. Note: While the Y-adapter is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



HOW TO CONNECT YOUR COMPUTER

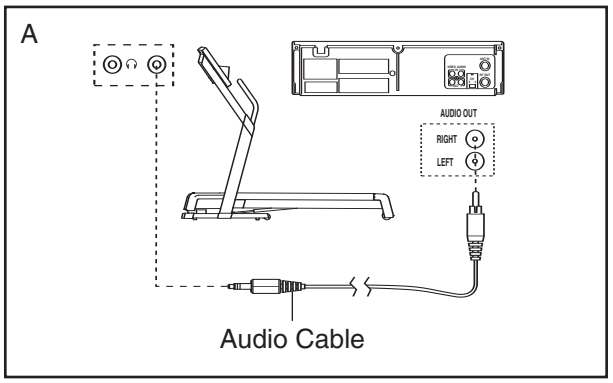
A. Plug one end of a long 1/8” to 1/8” stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your computer. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



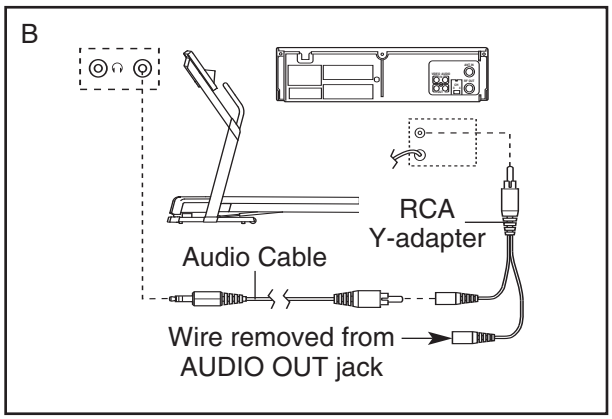
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 18.

A. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



B. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE AN IFIT.COM MP3, CD, OR VIDEO PROGRAM

To use an iFIT.com MP3, CD, or video program, the treadmill must be connected to your MP3 player, CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS on pages 17 to 19. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

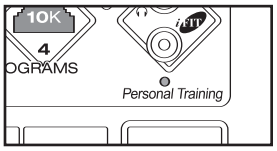
Follow the steps below to use an iFIT.com MP3, CD, or video program.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select the iFIT.com mode.

To select the iFIT.com mode, press the Program Select button repeatedly until the iFIT indicator lights.



3 Press the Play button on your MP3 player, CD player, or VCR.

Note: If you are using an iFIT.com CD, insert the CD into your CD player; if you are using an iFIT.com videocassette, insert the videocassette into your VCR.

A moment after the Play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the time is flashing in the display, press the Start button on the console. The treadmill will not respond to an MP3, CD, or video program while the time is flashing in the display.

During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before your personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. To restart the program, press the Start button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and/or incline will change to the next settings of the program**.

When the program is completed, the walking belt will stop. Note: To use another MP3, CD, or video program, press the Stop button or remove the key and go to step 1 on page 19.

Note: If the speed and/or incline of the treadmill does not change when a "chirp" is heard:

- **Make sure that the Personal Training indicator is lit and that the time is not flashing in the display. If the time is flashing, press the Start button on the console.**
- **Adjust the volume of your MP3 player, CD player, or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected.**
- **If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

4 **Follow your progress with the display.**

See step 6 on page 12.

5 **Measure your heart rate if desired.**

See step 7 on page 13.

6 **Turn on the fan if desired.**

See step 8 on page 13.

7 **When you are finished exercising, remove the key from the console.**

See step 9 on page 13.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR and disconnect your MP3 player when you are not using them.

HOW TO USE AN IFIT.COM PROGRAM DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See www.iFIT.com for details.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 18. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 12.

2. **Select the iFIT.com mode.**

   See step 2 on page 19.

3. **Go to your computer and start an internet connection.**

4. **Start your web browser, if necessary, and go to our Web site at www.iFIT.com.**

5. **Follow the desired links on our Web site to select a program.**

   Read and follow the on-line instructions for using a program.

6. **Follow the on-line instructions to start the program.**

   When you start the program, an on-screen countdown will begin.

7. **Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.**

   When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes.**

   If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next "chirp" is heard, the speed and/or incline will change to the next settings for the program.**

   To stop the walking belt at any time, press the Stop button on the console. To restart the program, press the Start button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the program**.

   When the program is completed, the walking belt will stop. Note: To use another program, press the Stop button and go to step 5.

   Note: If the speed and/or incline of the treadmill does not change when a "chirp" is heard, make sure that the Personal Training indicator is lit and that the time is not flashing in the display. In addition, make sure that the audio cable is properly connected.

8. **Follow your progress with the display.**

   See step 6 on page 12.

9. **When you are finished exercising, remove the key from the console.**

   See step 9 on page 13.

THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a system of measurement.

To select the information mode, insert the key into the console while holding down the Stop button, and then release the Stop button. When the information mode is selected, the following information will be shown:

An “E” (for English) or an “M” (for metric) will appear in the lower right corner of the display. Press the Speed increase button to change the unit of measurement, if desired. **Important:** If a “d” appears in the display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the display will remain lit; the buttons will not operate. **If a “d” appears when the information mode is selected, press the Speed decrease button so the “d” disappears.**

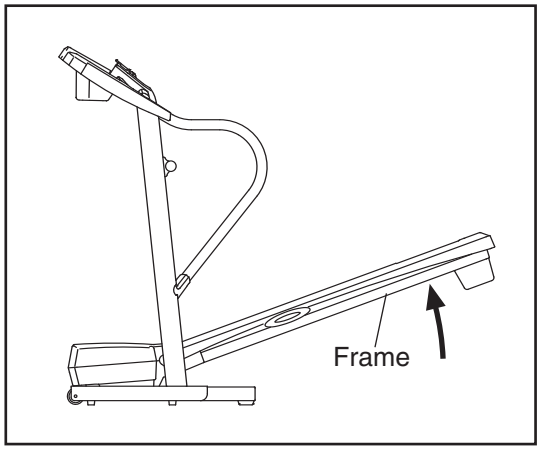
The upper left corner of the display will show the total number of hours that the treadmill has been used.

The lower left corner of the display will show the total number of miles or kilometers that the walking belt has moved.

To exit the information mode, remove the key from the console.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

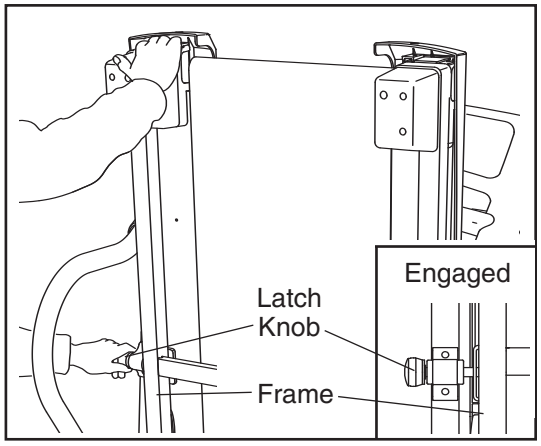


Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may become permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

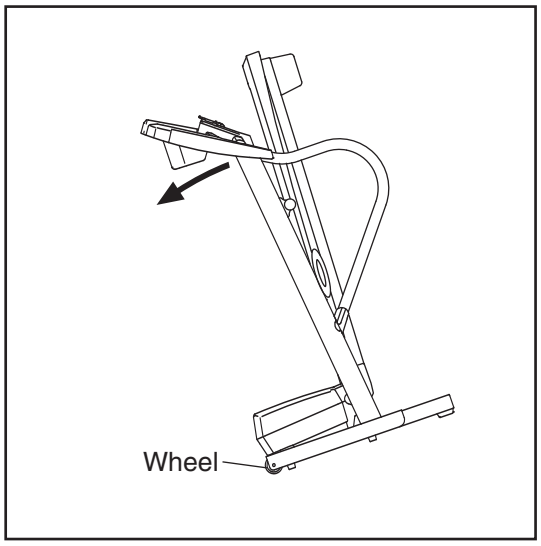
1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Bend your legs and keep your back straight; as you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.

2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the hole in the frame is aligned with the latch pin. Slowly release the latch knob; **make sure that the latch pin is fully inserted into the frame.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL



Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the frame.**

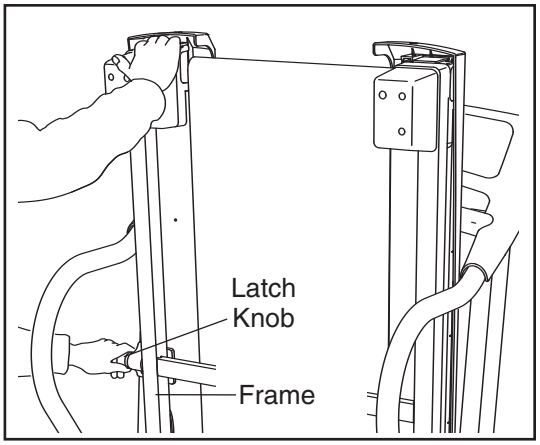
1. Hold the upper ends of the handrails, and place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

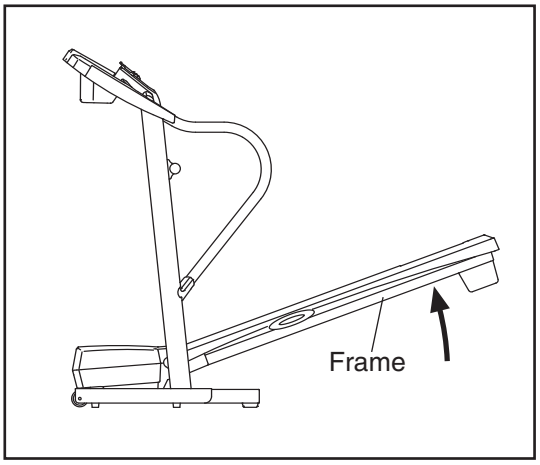
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin.



2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



TROUBLESHOOTING

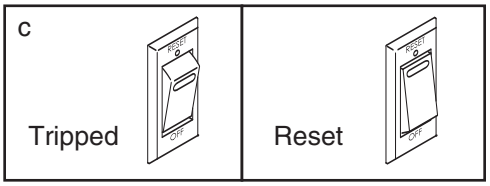
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

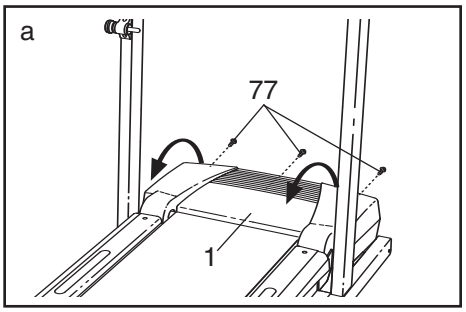
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

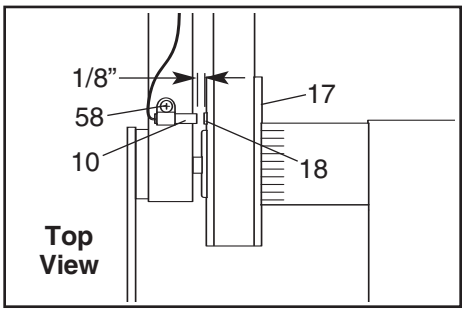
d. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the Screws (77) from the Hood (1), and carefully pivot the Hood off.



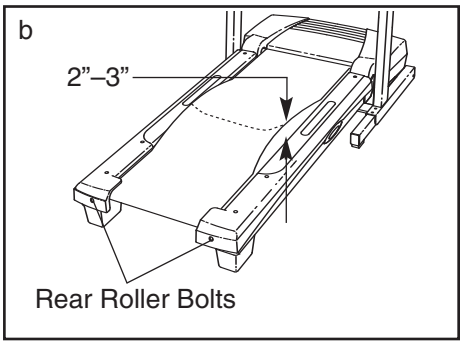
Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (58), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10.

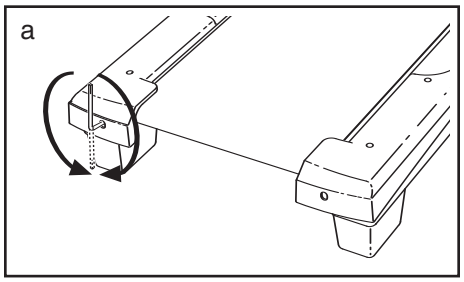
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



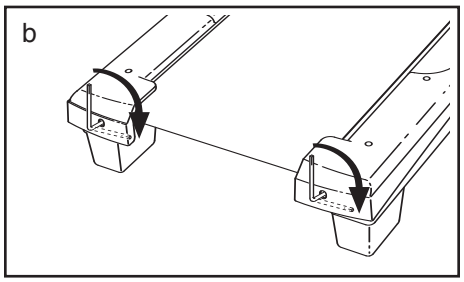
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES

AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning, and the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFTL39706.1)
- the NAME of the product (PROFORM 400 X treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST in the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material under normal use and service conditions. The drive motor is warranted for ten (10) years after the date of purchase. Parts and labor are warranted for ninety (90) days after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes; or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

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